



# **The Greater Philadelphia Society of Clinical Hypnosis**

*A Component Section of the American Society of Clinical Hypnosis  
and*

**Ellen L. Wright., Ph.D.**

*Present*

## **Hypnosis and the Treatment of Depression**

**Presented by: Michael D. Yapko PhD**

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**DATE: April 14, 2024**

**Time: 10 am – 1 pm EDT (see schedule below) 9:45 am login**  
**3 CE Credits for Psychologists and ASCH Certification/Re-**  
**certification**  
***Zoom Webinar***

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### **Workshop Description:**

For decades social psychologists have described the phenomenon known as the “contagion of emotion,” referring to how a mood state can be spread from one person to another through social interaction. Two very recent events have forced mental health professionals to re-think what we thought we knew about depression that lend support to the phrase “depression is contagious.” The first event is the huge jump in the rates of depression worldwide as a direct consequence of the COVID-19 pandemic. The second is the widely disseminated authoritative research that has ultimately shown the “chemical imbalance/shortage of serotonin” hypothesis of depression to be mostly or even entirely incorrect. Given that antidepressant medications are the most common form of treatment, we are at a new nexus for re-defining how we think about the nature of depression and the individuals who suffer with depressed mood. What is emerging is a new clarity of how depression is socially defined and socially generated in ways that will be discussed in this timely webinar. The implications for therapists are profound when viewing depression as far more a social than medical problem. What kinds of social factors we identify in a given individual’s case and how we build treatment approaches utilizing hypnosis to address them will be considered in detail.

## **Outline of Program:**

9:30 AM-10:00 AM	Registration, Sign-in, Zoom Housekeeping, Introductions
10:00 AM-11:05 AM	Depression in a social perspective; implications for psychotherapy
11:05 AM-11:15 AM	Q and A, Break as needed (time/duration approximate - presenter's choice based on structure/flow of presentation)
11:15 AM-12:45 PM	The role of hypnosis in treatment; watching it work
12:45 PM-1:00 PM	Q and A, Integration, Conclusion, Evaluation

## **Program Learning Objectives:**

At the end of the program, participants will be able to:

1. Describe the changing epidemiology of depression and relate the rising rates to a variety of factors to be addressed in treatment.
2. Identify common risk factors of depression and discuss their implications for treatment planning.
3. Identify the role of global cognition in problem formation and as a potential hindrance to treatment
4. Develop specific active intervention strategies, especially hypnosis and task assignments, for facilitating recovery

## **Presenter:**

Michael D. Yapko, Ph.D., is a clinical psychologist residing near San Diego, California. He is internationally recognized for his innovative work in treating depression with active, brief psychotherapies. He routinely teaches to professional audiences all over the world. To date, he has been invited to present his ideas and strategic methods to colleagues in more than 30 countries across six continents, and all over the United States.

Dr. Yapko has had a special interest that spans nearly five decades in the intricacies of brief therapy, the clinical applications of directive and experiential methods, and proactively treating the disorder of major depression. His social view of depression has received considerable empirical support and encourages multi-dimensional, active treatments. He is the author of 16 books and editor of three others, and numerous book chapters and articles on these subjects. These include *Keys to Unlocking Depression*, *Depression is Contagious: How the Most Common Mood Disorder is Spreading Around the World and How to Stop It*, as well as *Hand-Me-Down Blues: How to Stop Depression From Spreading in Families*, and *Breaking the Patterns of Depression*. His works have been translated into ten languages. More information about Dr. Yapko's work is available on his website: [www.yapko.com](http://www.yapko.com).

Dr. Yapko is a Fellow of the American Psychological Association and is the recipient of numerous awards for his contributions to advancing the field of psychotherapy, including lifetime achievement awards from the American Psychological Association and The Milton H. Erickson Foundation.

## **References:**

- Ellis, E., Elwyn, G., Nelson, W., Scalia, P., Kobrin, S., & Ferrer, R. (February, 2018). Interventions to engage affective forecasting in health-related decision making: A meta-analysis. *Annals of Behavioral Medicine*, 52(2), 157-174. DOI: <https://doi.org/10.1093/abm/kax024>
- Lebowitz, M., Dolev-Amit, T., & Zilcha-Mano, S. (2021). Relationships of biomedical beliefs about depression to treatment-related expectancies in a treatment-seeking sample. *Psychotherapy*. Advance online publication. DOI:<https://doi.org/10.1037/pst0000320>
- Schroder, H., Duda, J., Christensen, K., Beard, C., & Björgvinsson, T. (November, 2020). Stressors and chemical imbalances: Beliefs about the causes of depression in an acute psychiatric treatment sample. *Journal of Affective Disorders*, 276, 537-545.

## **Fees and Registration:**

Registration is available ONLINE ONLY - Register online at the GPSCH website [www.gpsch.org/events](http://www.gpsch.org/events).

- GPSCH Members: \$100
- Non-Members: \$150
- Students/Residents/Interns: \$50
- CE Certificate \$15, paid separately:

Participants desiring **Psychology CE** credits will pay \$15 (\$5/credit) to Kristin Kopple, Ph.D., by check. Checks can be mailed to Dr. Kristin Kopple, 2123 Bainbridge Street, Philadelphia, PA 19146. Once the *payment* is received by Dr. Kopple **and** the *webinar evaluation* is received by GPSCH, the CE certificate will be processed and emailed to the participant.

**Online Registration Deadline:** Deadline for registration is 4/13/2024

**Refund Policy:** Requests for registration fee refunds must be received in writing (email) no later than midnight on the Friday before the webinar.

**AUDIENCE/SKILL LEVEL:** This program is intended for mental health professionals with a basic understanding of hypnosis and its related techniques.

## **CONTINUING EDUCATION CREDITS**

This GPSCH webinar is sponsored by Dr. Ellen L. Wright. Ellen L. Wright, Ph.D., is approved by the American Psychological Association to sponsor **CONTINUING EDUCATION FOR PSYCHOLOGISTS**. Dr. Wright maintains responsibility for this program and its content. Certificates of completion for continuing education credits will be

awarded to participants who attend **the entire program, complete the evaluation form and submit a certificate request form along with a check for \$15 (\$5 per CE credit obtained), mailed to Kristin Kopple, Ph.D. (See address above.)** This program meets requirements for **3 Credits** for psychologists.

This webinar also qualifies for ASCH certification/recertification credits. For further information, contact [admin@gpsch.org](mailto:admin@gpsch.org).

**Additional Information:**

PLATFORM: ZOOM Webinar: Zoom link and login codes provided after paid registration.